

IN THE ABSTRACT:

Please rewrite the Abstract of the Disclosure as follows:

--An image heating apparatus has a non-rotatable heater with a metallic substrate together with a ~~holder for holding that heater.~~ A film that moves in contact with the heater and is accompanied by a backup roller which defines a nip with the heater via the film. The metallic substrate has a cylindrical shape and the heater has a first insulating layer on an outer peripheral surface of the metallic substrate, a heat generating resistor on the first insulating layer and a second insulating layer on the heat generating resistor ~~convex surface on a side of the nip and a concave surface on an opposite surface, and the concave surface is held by the holder.~~--